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Trying So Hard For What?

 Sarah  7/19/2011  Prayer  5
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Okay, I'm sixteen. I have anxiety and I try so hard to just let it go and it never goes away completely. Every time I am enjoying myself it just creeps back up and it overtakes me and I can't be myself.

Why would God let this happen to me if He loves me? I've grown up in a Christian home yet somehow I still cannot grasp the meaning of my life. It seems useless. I just don't feel normal and nothing is easy for me socially. I'm afraid no one will accept me and I'll be treated like a loser. I've gotten help from a counselor and it has helped alot but I get really discouraged if I get anxious and I get scared I won't be able to get better again.

If anyone understands what I mean, please help! I'm so unsure of everything and I don't know why I get so worried. I can't help thinking something is wrong with me. I just want to be happy.

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Praise God! We serve an awesome God!! My name is Gurinder and I would like to share some of the things ...

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5 Comments

David C 7/21/2011

Hi, my response is essentially a response to the sentence you wrote: 'I just don't feel normal and nothing is easy for me socially. I'm afraid no one will accept me and I'll be treated like a loser.'

The problem is that you are looking for approval/acceptance from those around you. You see your worth from their perspective. If they don't consider you important, then you believe you are not important. You hope to be accepted by them. You fear their rejection of you. That's why you're anxious. Culture has placed such a great importance on HOW

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and WHO you ought to be. In other words, conditions are being made for being loved and accepted. Are you funny, hot, outgoing? Do you have a nice car, nice body? And so on... As a result, we hope to meet up to their standard, we hope to be considered loveable by them. We hope we are acceptable and worth their time. I suspect that growing up you have been ostracized, been rejected lots, have suffered hurt and loneliness.

When God says, "Love your neighbor as yourself" he is commanding people to love you PERIOD, without conditions. But people decide to find reasons not to love. They break that commandment to love you. So it's important to know that God loves you without condition.

So, when being accepted by others is more important than being accepted by God, we become anxious. We're unsure if we meet their conditions or criteria for being loved. We're constantly fearful of their rejection of us. We fear their rejection because we seek acceptance from them and are afraid we won't have it. We don't want to feel inadequate. There is nothing wrong with you. So love yourself because God commands all people to love you because he has deemed you lovable. Believe that. When you do, you will find your deliverance. It may be instant or a process, but it all depends on when you whole-heartedly believe in the fact that you are lovable. You ARE! Just because you are.

I suspect this is the cause of your anxiety. Could be wrong.

[Reply](#)

aubrey 7/22/2011

Hi um... the part where it says "why god is doing this to me!" We never know what the lord is doing the only

thing we know is he is not doing because he does not love u! God has a plan for your life it might not seem like it right now but he really is doing something in your life you just have to wait for what the lord is going to do! The best thing to do and this might sound really cheesey but just pray about it and it does not have to be a real special prayer even saying lord help will really help u it is just the best thing to do! God bless,

[Reply](#)

Miriam 7/29/2011

Hi sweetie 1st of all I just wanna give you a big hug on my part! When I was 18 years old I experienced my 1st panic attack followed by depression and since then I've gotten a couple since I am now 24 years old and I gotta tell you the devil is trying to confuse you! This generation is really important look back in time depression on a 16 or 18 year old back in the day? You see God is near even Jesus faced anxiety and sadness read Luke 22: 39-45. Even though you don't feel like it I need you to read the bible 24/7 regardless of how you feel quote scripture into the air: For God I'd not give us a spirit of fear but a spirit of power of love and of a SOUND MIND 2 Timothy 1:7. It will be a process but don't give up say it with confidence I am doing this myself three weeks ago I couldn't eat now I'm eating and God is really helping me but one thing I learned this time is that you must have a relationship with God regardless what you feel or think ok I love you as my sister in Christ but Jesus loves you tremendously the devil would not mess with you unless you had a very important purpose for your life, he never gives you more than you can handle, and stop declaring negative things with your mouth I've learned that myself. Instead replace it with scripture if you need to talk my email is mpant001[at]yahoo.com I will pray for you sister!

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tuningup 11/28/2011

Sarah..the solution to your problems are quite simple..you say you were raised in a Christian home but do not mention being born again..first you have to believe that Jesus Christ died for your sins and He loves you ..Jesus want to be Lord of your life and you need to ask Him to come into your heart..Giving your life to Jesus is the only way for you to be made whole..once you are born again you need to read the Bible because it is the only book that can help you in every thing you say do or think..i realize you are only 16 but if i have to tell you the one and only way to victorious life is to trust in Jesus and what he did at the cross...if you dont understand what i am telling you, find someone who can lead you in prayer to be born again..it will be then you will know peace and direction for your life...He can be your friend, your savior, your leader and your redeemer..Jesus loves you and He wants to be Lord of your life..after you are born again find a good church that preaches the Gospel in its entirety.. if you have a church now..it may not be the one for you..God will show you where to attend church to get what you need to feed your soul..thanks for reading and im believing for the Holy Spirit to work in your life...

[Reply](#)

Sarafina 11/28/2011

Hi Sarah x

Iam also sixteen, soon to be seventeen on december 18th.

I totally understand what your going through, I was the same before I became a christian.

Now I have not long been a christian, (my testimony is on here under my story) so I am still learning and have alot of areas that need healing.

Some weeks ago I was pretty depressed for about three weeks, maybe more I'm not sure.

I kept thinking something something was seriously wrong with me, I was quite scared and anxious.

I even took a depressed test, it said there is a good chance I might have cyclothymia.

The point is I prayed to God about it for help, and he did.

I also had problems starting college, I felt like an outcast, with no friends and no confidence, up until a few weeks ago and I started on September 5th.

Everyday I prayed for things to change.

They did, God turned it around, I now have friends and am confident in who I am "God's Girl".

I totally agree with tuning up Christ is the answer.

The dark periods do keep trying to creep back in, that is Satan he will do anything and everything to separate me. But I am not afraid, God is bigger.

If you have not given your life to Christ yet, then please do and give him all your fear and anxiety, he wants to take it from you.

"cast your cares upon him, for he cares for you"

1 Peter 5:7

Hope this helps, God bless xxx

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